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How Can I Tell Which Turtles Are Invasive In My Neighborhood Creek?



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Red-eared Sliders

Q: I see turtles all the time in the creeks that run through my neighborhood and the small lake at the local park. How can I tell which turtles are invasive? Should I remove the invasives from the water or leave them alone?

A: Yes, a fishing license is required for individuals 16 years old and over, and you can capture them using authorized methods named in section 5.60 of CDFW's freshwater sport fishing regulations. There is no bag limit on sliders and they can be taken to be kept as pets or for food. But know, if you remove a red-eared slider from the wild, you can't ever release it again — and they can live for up to 40 years in captivity, which is quite a commitment!

If your goal for removing them would be to benefit the environment, we rec-

ommend you work with the agency or organization responsible for managing the given water-body. For restoration purposes, authorization to remove non-native turtles can be granted in consultation with CDFW staff.

CDFW's Invasive Species Program compiles reports of sliders and other invasive species to help inform management efforts, so we encourage you to report sightings along with a photo to CDFW at invasive species sighting report. If your sighting took place in a waterway where red-eared sliders weren't previously known to exist, this information is especially useful to biologists.

Tule Elk

Q: How many tule elk are there in California?

A: There are currently about 6,000 tule elk persisting in 22 recognized populations scattered throughout the state. California's other two sub-species of elk are Rocky Mountain and Roosevelt. For more information, please visit CDFW's elk web page.

California Bears

Q: I live in the foothills of the Sierra Nevada and a neighbor of mine said she's seen a grizzly bear in the wild. Is that possible?

A: Black bears are the only wild bears in California. However, they do come in many different colors, from solid black to shades of brown and tan. Some have different patches of color, such as a

white blaze on the chest or lighter colored muzzles.

People will sometimes claim to have seen a "brown bear." Generally, the term "brown bear" refers to *Ursus arctos*, the grizzly bear. California grizzly bears became extinct by the 1920s and only the one on our state flag remains. There are two subspecies of black bears recognized in California: The northwestern or Olympic black bear (*Ursus americana altifrontalis*) in the northwest corner of California, and the California black bear (*Ursus americana californiensis*) throughout the rest of California. They are thought to be geographically distinguished from each other by the crest of the Klamath Mountains.

California's black bear population is robust and has increased over the past 25 years. Since the extinction of the California grizzly, black bears have been able to expand throughout much of the state as they no longer face direct competition from the larger bear species. For more information, please visit CDFW's black bear web page. For resources on co-existing with bears, please see CDFW's Keep Me Wild web page and Bear Naked Truth blog. ♦

If you have a question you would like to see answered in the California Outdoors Q and A column, email it to CalOutdoors@wildlife.ca.gov.



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What Every Homeowner Should Know Before Making Renovations

(STATEPOINT) YOUR home is likely your most valuable asset, and you want to make sure you protect it with the right insurance. Did you know the cost to replace your home could be much more than it cost to build — and you could be on the hook for the difference?

Whether it would cost more to replace because you've made major upgrades that increased the value of your home or simply because the price of building materials and labor has increased, you'll need to come up with the additional funds or find ways to reduce costs. That's why guaranteed replacement cost coverage, offered by insurers like Erie Insurance, is so important. If you experience a total loss of your home, this coverage allows you to rebuild it back to its previous size and specifications at today's cost, subject to certain conditions.

To give you a better idea of the importance of insurance coverage that helps you protect the investments you make, consider the top three remodeling projects for the interior and exterior offer-



Photo © monkeybusinessimages / iStock via Getty Images Plus

ing the best return on investment:

Interior

1. Refinishing hardwood floors. The main reasons consumers are refinishing hardwood floors is to upgrade worn-out surfaces and to improve livability, according to the 2022 Remodeling Impact Report by the National Association of REALTORS Research Group. At 147 percent, it also tops the list for the number one interior project for what homeowners can recover on the cost of the project if they sell the home, based on estimates from NARI Remodelers and REALTORS.

2. Installing new wood flooring. The average cost recovered for this project is 118 percent. Surprisingly though, it was the number one feature homeowners surveyed by Erie Insurance said they got when they bought their home but wouldn't choose again. When asked why, reasons ranged from feeling the feature was not worth the money, to be-

ing tired of it or feeling the feature is outdated now.

3. Insulation upgrade. This is a popular project if you're looking to improve energy efficiency, and at 100 percent, it has a high cost recovery value.

Exterior

1. Roofing. Offering a 100 percent return on investment, most consumers upgraded their roof due to worn-out surfaces, finishes and materials.

2. Garage door. The top reason homeowners replace their garage door is having plans to sell their home in the next two years, according to the 2022 Remodeling Impact Report. This project may be well worth the cost, offering 100 percent returns.

3. Fiber cement siding. With 86 percent recovery on the cost of the project, upgrading siding due to worn-out surfaces, finishes and materials is a solid investment.

If you've made any recent updates, talk to your insurance agent to make sure you have the proper coverage. To learn more about guaranteed replacement cost coverage, visit erieinsurance.com.

This summer, make home upgrades wisely. For peace of mind, be sure to protect the investments you make in your home. ♦

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Drive: 4WD
Trans: Automatic
Engine: 3.0L V6 DOHC 24V
Mileage: 138,620
Stock #: 4314

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2001 Toyota Tacoma Xtracab 2WD



Color: Silver
Interior: Cloth
Drive: 2WD
Trans: Automatic
Engine: 2.4L I4 SOHC 16V
Mileage: 161,310
Stock #: 4304

\$8,988

2014 Kia Soul Base 4D Wagon 6sp



Color: Black
Interior: Cloth
Drive: 2WD
Trans: Manual
Engine: 1.6L I4 DOHC 16V
Mileage: 167,020
Stock #: 4299-E

\$8,988

2014 Chevrolet Impala Limited LT



Color: Brown
Interior: Cloth
Drive: FWD
Trans: Automatic
Engine: 3.6L V6 DOHC 16V FFV
Mileage: 125,027
Stock #: 4276

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2000 Toyota 4Runner Limited 2WD



Color: Maroon
Interior: Leather
Drive: 2WD
Trans: Automatic
Engine: 3.4L V6 DOHC 24V
Mileage: 202,288
Stock #: 4288

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2013 Ford Escape SE 4W



Color: Gray
Interior: Cloth
Drive: 4WD
Trans: Automatic
Engine: 2.0L I4 DOHC 16V
Mileage: 125,792
Stock #: 4312

\$11,988

2013 Hyundai Sonata GLS



Color: Silver
Interior: Cloth
Drive: FWD
Trans: Automatic
Engine: 2.4L I4 DOHC 16V
Mileage: 121,282
Stock #: 4294-E

\$11,988

2014 Nissan Altima 2.5 S



Color: White
Interior: Cloth
Drive: 4WD
Trans: Automatic
Engine: 5.4L V8 SOHC 16V FFV
Mileage: 178,455
Stock #: 4273

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2013 Ford Expedition XLT 4WD



Color: White
Interior: Cloth
Drive: 4WD
Trans: Automatic
Engine: 5.4L V8 SOHC 16V FFV
Mileage: 178,455
Stock #: 4273

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2006 GMC Sierra 1500 SL Ext. Cab 4WD



Color: Blue
Interior: Cloth
Drive: 4WD
Trans: Automatic
Engine: 5.3L V8 OHV 16V
Mileage: 157,099
Stock #: 4298

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2014 Honda Civic EX Coupe 5-Spd MT



Color: Bronze
Interior: Cloth
Drive: FWD
Trans: 5 Speed
Engine: 2.3L I4 SOHC 16V
Mileage: 130,290
Stock #: 4236-2

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2015 Dodge Grand Caravan SXT



Color: Blue
Interior: Cloth
Drive: FWD
Trans: Automatic
Engine: 3.6L V6 DOHC 24V
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TRAVEL



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Tips for Travelers to Save Money and Stay Connected this Summer

(STATEPOINT) AFTER more than two years of pandemic-related restrictions, Americans are ready to break free and travel again. According to Expedia's 2022 Travel Trends Report, more than two-thirds of Americans say they're planning to "go big" on their next trip. But planning and budgeting for a trip can be stressful. With inflation rising, many people are watching their wallets more closely, so finding ways to save money and stay connected while traveling this summer is more important than ever.

Here are some of the latest travel tips to make your next getaway more affordable:

• **Book Flights Like a Pro:** According to NerdWallet, Tuesdays

and Wednesdays are the best days to travel when flying within the United States. NerdWallet also suggests booking domestic airline tickets one to three months in advance. The more flexible you can be with your desired timeframe, destination, and airport, the better. Be on the hunt for exclusive partnerships that offer travel discounts, like T-Mobile TRAVEL with Priceline, a new site with travel deals of up to 40 percent off hotels and select rental cars, available exclusively for T-Mobile and Metro by T-Mobile customers.

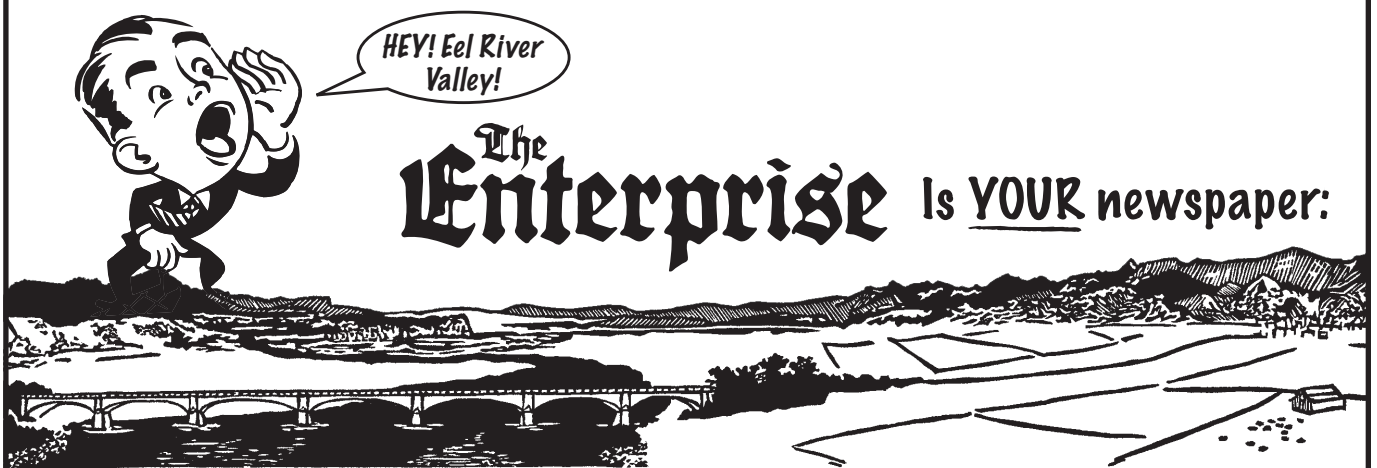
• **Bring it, Don't Buy it:** If you're looking to save a few dollars while traveling, bring your own snacks and reusable

CONTINUED ON PAGE 12



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Northcoast Children's Services

**Do you love being with children?
Do you enjoy supporting children
learn and grow?**

**Are you looking for a meaningful
profession?**

**Do you want a job that has
evenings and weekends off?**

**Would you love to find a job with a
Hiring Incentive?**

**Northcoast Children's Services
may be what you're looking for!**

Northcoast Children's Services provides early education and family support services to children and families from pregnancy to age 5. We offer home visiting services, infant toddler and preschool centers in a variety of locations in Humboldt and Del Norte counties.

We have a variety of full and part time positions working with children and families. We offer paid vacation, sick leave and holidays to all employees and an additional health insurance/cash benefit/dependent care option to full time employees. All employees may also obtain assistance with education and child development permits.

We are currently looking for people to join our team as housekeepers, cooks, teachers, assistant teachers, center directors and home visitors.

****New Hire Incentives** are currently available to both full and part time employees. Full time employees who work 30 or more hours will receive an incentive of \$750. Part time employees, who work less than 30 hours will receive a \$500 incentive. Incentives are paid after 90 days of employment.

Positions include vacation, holiday and sick leave benefits.

Full-time staff (30 hrs. per week or more) are eligible to participate in a Flexible Benefit Plan after 2 months of full-time employment.

Please visit our website or Facebook page for more information on how to join our growing team! <https://ncsheadstart.org/employment-opportunities/>



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Secure a test slot by submitting an employment application at: <https://www.governmentjobs.com/careers/arcataca>

Further information, call Arcata City
Manager's Office 707-822-5953
or personnel@cityofarcata.org

THE CITY OF EUREKA

COMMUNITY SERVICES

PRESCHOOL AIDE

(REGULAR PART-TIME)

\$15.46 – \$18.78/ HR
**Base salary for this position will
increase by 2% in 2023 with
another increase of 5% in 2024.**

Are you patient, creative and committed to helping young children learn? Are you looking for an opportunity to gain more experience in an Early Childhood Education setting? This Regular Part-Time (RPT) position will be acting as Preschool Aide at the City of Eureka's Little Saplings Pre-School at the John Ryan Youth Center. The ideal candidate will have Early Childhood Education credits and experience working with preschool aged children in a group setting.

Apply online at www.ci.eureka.ca.gov.
We will be accepting applications until
**5:00 p.m. on Wednesday,
July 20th, 2022. EOE**

Tips for Travelers

← CONTINUED FROM PAGE 10

water bottle. Many airports have refillable water stations available. Having a designated travel charging kit in your luggage with charging cables for your smartwatch, phone, computer and more will save you the added and often inflated cost of buying on the go.

• **Maximize Your Phone Plan Internationally:** When traveling overseas, purchasing a local SIM for that designated country will save you roaming charges and fees. An international SIM card is another option for those traveling to multiple countries for short periods of time. Make sure to check with your wireless provider for what's included in your plan. For example, T-Mobile customers get 5GB of free high-speed data each month with no international data-roaming charges, with up to 5G speeds where available, in more than 210 countries and destinations on the provider's most popular plan, Magenta MAX, and on the Business Unlimited Ultimate plan.

• **Road Trip Smarter:** Even though gas prices are soaring, those with large families, pets and a love for singalongs often still prefer to travel the open road when vacationing. Finding the best gas prices is easy with apps like GasBuddy and Gas Guru, which provide updated gas prices in your area. You can also save money at the pump leveraging other rewards programs, such as those offered by your phone provider. T-Mobile teamed up with Shell and the Fuel Rewards program to offer customers on qualifying plans an exclusive 25 cents off per gallon of gas this summer through the week of Labor Day via T-Mobile Tuesdays.

With the price of everything on the rise, you'll want to tap into benefits and cost-cutting opportunities where you can to stretch your dollar further, and take the amazing vacation you've been planning for so long. ♦



Photo courtesy of Getty Images

8 Essentials for a Healthy Heart

(FAMILY FEATURES) Cardiovascular disease is the No. 1 cause of death in the United States and globally. Studies throughout the past two decades indicate more than 80 percent of all cardiovascular events may be prevented by a healthy lifestyle and management of risk factors.

To help Americans measure their cardiovascular health and make meaningful lifestyle changes, the American Heart Association introduced Life's Essential 8, a checklist that explains eight habits and health measures that affect heart and brain health and overall well-being.

The checklist incorporates knowledge gained from more than 2,400 scientific papers on cardiovascular health published since it was originally introduced as Life's Simple 7 more than a decade ago. It has been expanded to apply to anyone age 2 and older, and now includes sleep as the eighth cardiovascular health component, reflecting findings that healthy sleep is essential for optimal heart and brain health.

"The idea of optimal cardiovascular health is important because it gives

people positive goals to work toward at any stage of life," said Donald M. Lloyd-Jones, M.D., Sc.M., EAHA, president of the American Heart Association and chair of the department of preventive medicine at Northwestern University's Feinberg School of Medicine. "We felt it was the right time to conduct a comprehensive review of the latest research to refine the existing metrics and consider any new metrics that add value to assessing cardiovascular health for all people."

Start making positive changes to improve your heart and brain health with these eight essential steps:

Eat Better

The checklist offers a simple questionnaire to assess your eating pattern. A heart-healthy diet encompasses a high intake of fruits, vegetables, nuts and legumes; whole grains and fat-free and low-fat dairy; lean protein; and low intake of sodium, red and processed meats and sweetened foods and drinks. Eat whole foods and rely on healthy non-tropical oils (like olive and canola) for cooking.

CONTINUED ON NEXT PAGE →

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Requirements: Equivalent to graduation from an accredited four-year college or university with major coursework in civil engineering or a related field and five (5) years of civil engineering and/or public works experience, including two (2) years of high-level project management or supervisory experience. Possession of a Master's Degree is highly desirable and may be substituted for one year of the required experience. Possession of a Valid Professional Engineer's license from the State of California is required. EOE

The City of Eureka will be accepting applications for this position until

5 p.m. on Monday, July 18th, 2022.

For a complete job description and qualifications or to apply online please visit our website at www.ci.eureka.ca.gov.

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**Closing date is Wednesday, July
20th, 2022 at 5pm. EOE.**

Health

← CONTINUED FROM PREVIOUS PAGE

Get Active

For most adults, the target level of moderate physical activity (such as walking) is 150 minutes or more per week or 75 minutes per week of vigorous-intensity physical activity. Kids ages 6 and older need one hour or more of play and structured activities per day.

Quit Tobacco and Nicotine

Nicotine makes your heart rate and blood pressure skyrocket while carbon monoxide and tobacco rob your heart, brain and arteries of oxygen. There are about 4,000 chemical components found in cigarettes; at least 250 of them are harmful to your health. Reducing your health risk means eliminating exposure to any form of nicotine, including cigarettes, e-cigarettes and vaping devices, as well as limiting your exposure to secondhand smoke.

Get Adequate Sleep

Getting a good night's sleep is vital to cardiovascular health. Measured by average hours of sleep per night, the optimal level is 7-9 hours daily for adults. Ideal daily sleep ranges for children are 10-16 hours per 24 hours for ages 5 and younger; 9-12 hours for ages 6-12; and 8-10 hours for ages 13-18.

Maintain a Healthy Body Weight

Although the measure of body mass index (BMI) is not a perfect metric, it is

easily calculated and widely available; therefore, BMI remains a reasonable gauge to assess weight categories that may lead to health problems. A BMI of 18.5-24.9 is associated with the highest levels of cardiovascular health.

Manage Cholesterol Levels

Non-HDL ("bad") cholesterol, rather than total cholesterol, is a reasonable predictor of cardiovascular risk. Non-HDL cholesterol can be measured without fasting, which means it can be assessed at any time of day and reliably calculated.

Manage Blood Glucose

When there is not enough insulin or the body does not use insulin efficiently, blood glucose levels accumulate in the bloodstream. Hemoglobin A1c readings measure your long-term blood glucose control. A normal A1c is below 5.7 percent; between 5.7 percent-6.4 percent indicates pre-diabetes.

Understand Blood Pressure Readings

An optimal blood pressure is less than 120/80 mm Hg while hypertension is defined as a 130-139 mm Hg systolic pressure (the top number in a reading) or 80-89 mm Hg diastolic pressure (bottom number).

For more ideas to achieve optimal cardiovascular health, or to assess your health and lifestyle risks, visit heart.org/lifes8. ♦



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6 Things to Know About COVID-19 Vaccines for Children Under 5

(STATEPOINT) COVID-19 vaccines are now available for children under 5 years old, and the American Medical Association (AMA) is urging parents to get their children vaccinated.

“The wait for this moment has been excruciating for parents who were ready on day one for their children to receive a vaccination to prevent severe COVID,” says Jack Resneck, Jr., M.D., president of the AMA. “While there is overwhelming scientific evidence showing the COVID-19 vaccines are safe and effective, we know many parents and families still have questions.”

Here are six things to know about pediatric COVID-19 vaccines for kids under 5:

1. The vaccines are safe: The U.S. Food and Drug Administration and Centers for Disease Control and Prevention (CDC) reviewed all trial safe-

ty data before authorizing and recommending vaccines for children under 5. The vast majority of side effects were mild, including irritability and crying, sleepiness, fatigue and loss of appetite.

2. The vaccines are effective: Both the Pfizer-BioNTech and Moderna vaccines are effective at preventing severe disease. Based on 230 pages of data, regulators said the vaccines show a strong immune response in children, and are somewhat effective at preventing symptomatic disease.

3. They’re widely available: Vaccines will be available at pediatricians’ offices, as well as from primary care physicians. Information on locations near you is available at vaccines.gov.

4. COVID-19 poses a danger to children: According to the CDC, COVID-19 is



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Please note: Per grant requirements,

All NCS staff are required to submit proof of a complete COVID -19 vaccination, except those who are granted an exemption. All staff who are eligible for an exemption must undergo weekly testing for SARS-CoV-2 infection. All staff must wear face coverings regardless of vaccination status. Please contact Administrative Services if you need information regarding vaccinations or exemptions.

Submit applications to:

Northcoast Children's Services

1266 9th Street, Arcata, CA 95521

For addtl info & application please call 707-822-7206 or visit our website at

www.ncsheadstart.org

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6 Things About COVID-19

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a leading cause of death among children ages 0-19 years. Among children in the United States aged 6 months to 4 years, there have been more than 2 million cases of COVID-19, more than 20,000 hospitalizations, and more than 200 deaths since the beginning of the pandemic.

5. There is more than one dose: Like most vaccines, the COVID-19 vaccines involve more than one dose. Pfizer's vaccine is a three-dose primary series at one-tenth the dosage of the adult formulation. The Moderna vaccine primary series is a two-dose regimen, spaced four to eight weeks apart, at one-fourth the dosage of the adult formulation. Booster shots will likely be part of the regimen, too, just as they are for other age groups.

6. Getting up to date is important: Make sure your child is up to date on all vaccines when they get the COVID-19 vaccine. Adolescents and adult immunizations declined during the pandemic and an estimated 26 million recommended vaccinations were missed in 2020 as compared to 2019.

If you have additional questions, speak with your physician and review trusted resources, including getvaccineanswers.org.

"COVID-19 vaccines are safe and effective, they're backed by science and data; they work. More than 1 million people in the United States have died from COVID, and I urge you to keep yourself and your loved ones safe by getting vaccinated," says Dr. Resneck. ♦

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An ecofriendly way to manage small populations of Japanese beetles is to knock them into a can of soapy water.
photo courtesy of MelindaMyers.com

Managing Garden Pests with Pollinators in Mind

by Melinda Myers

EVERY GARDEN SEASON is filled with beautiful and tasty surprises along with a few challenges. One challenge gardeners face each year is managing insect pests while keeping the pollinators safe. Fortunately, only a very small percent of insects in our landscapes are harmful. The rest help pollinate plants, feed upon or parasitize bad insects, or help decompose plant debris.

Proper identification of the plant-damaging culprit is the first step in managing problems. Often the insect that is most visible is not the one causing the damage. You can find lots of helpful information and images online. Look for websites hosted by your local University, extension service or botanical garden. They often provide timely tips on pests in your area.

Once identified, you will need to decide if control is needed. Some insect damage is just cosmetic meaning the plant's health and longevity are not adversely affected, it just looks bad. In these cases, control is for us, not the health of our plants. Consider tolerating

the damage and masking it with nearby plantings or garden art.

In other cases, the damage is done, and the insect is no longer present. Revenge spraying may make you feel better but does nothing to fix the problem. Make a note on next year's calendar to watch for and manage the pest if you feel control is really needed. Finding pest problems early makes hand removal easier and may be all that is needed.

Often when we see the damage on our plants, control will not help. Many galls, unusual growths on plants, are caused by insect feeding. When we see the gall, the insect is either safely living inside the gall or it has fled to complete another stage of its life. At that point, control will not work and in most cases, this is a cosmetic issue and control is not needed.

Work with nature to help manage pest problems. By tolerating some damage, you provide the food that attracts nature's pest controllers to the garden. Watch for aphid-eating lady beetles and green lacewings that eat hundreds of these pests each day. Invite songbirds to

your landscape with seed and berry producing plants and a clean, fresh source of water. Ninety six percent of terrestrial birds feed their young insects. And then there are those non-stinging, parasitizing wasps that lay their eggs in other insects. When the eggs hatch the young feed on the host. Avoid pesticides and provide water and shelter to attract and support insect eating toads and frogs.

Enlist help from the youngsters in your life. Try the pluck, drop, and stomp method. Teach young gardeners to identify problem insects, pick them off the plants by hand, drop them to the ground and stomp. What a great way to teach kids about nature and help them burn off some of their excess energy.

Handpicking or knocking insects like Japanese beetles into a can of soapy water is a great way to manage small populations of pests. A fellow horticulturist uses a small hand vacuum to capture Japanese beetles. Just be sure to empty the insect filled vacuum contents into a can of soapy water before storing.

If you decide you need to lend nature a hand managing garden pests, look for more eco friendly options. Barriers of floating row covers — fabrics that allow air, light, and water through — can keep cabbage worms, onion maggots, Japanese beetles, and some other insects from laying their eggs on their favorite plants. Cover the plants with the fabric at planting, anchor the edges and leave enough slack for plants to grow. No construction is needed.

Covering squash plants at planting until flowering begins can help reduce the risk of squash bugs and squash vine borers. Covering cucumbers at planting until ten days after flowering begins helps reduce the risk of cucumber beetles infecting these plants with the bacteria that causes wilt. The row covers also prevent birds from dining on the seeds and seedlings.

Cover late plantings of susceptible plants as needed this season. Then make a note on next year's calendar to enlist

this method for controlling these types of pests for your first planting next year.

Enlist the help of the naturally occurring soil bacteria *Bacillus thuringiensis* (Bt) to protect plants from certain pests. Different strains of this bacteria control different insects. Bt kurstaki only kills true caterpillars. Using this on members of the cabbage family won't harm other butterflies since these plants only attract the cabbage worm moths. Bt galieriae will control Japanese and other beetles.

Use a strong blast of water to dislodge mites and aphids. These pests suck plant juices and secrete a clear sticky substance called honeydew. Extensive feeding can cause distorted growth, speckling, yellowing, and browning of the leaves.

If more control is needed, look for help from one of the organic contact insecticides like Summit Year-Round Spray Oil, a lightweight horticulture oil. These products kill the insects they contact but leave no residue on the plants that can harm beneficial insects that visit the plants later.

Whenever using any product, even natural and organic, be sure to read and follow label directions. This will ensure the best control and least negative impact on beneficial insects and the environment.

Take a few notes on pests you encounter, any management strategies used and the results. This will help when encountering problems in the future. With minimal time and a bit of creativity you can keep your garden looking good all season long. ♦

Melinda Myers has written more than 20 gardening books, including the recently released *Midwest Gardener's Handbook, 2nd Edition* and *Small Space Gardening*.

She hosts *The Great Courses* "How to Grow Anything" DVD instant video series and the nationally syndicated *Melinda's Garden Moment* TV & radio program.

Myers is a columnist and contributing editor for *Birds & Blooms* magazine and her website is www.MelindaMyers.com.

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Sweeten Up Summer with a Frozen, Fruity Snack

(FAMILY FEATURES) Whether you spend your summer afternoons sitting by the pool, splashing in the shallow end or just soaking up the sun's rays, part of the fun is beating the heat with a cool, refreshing snack. Heading to the freezer for a fruity ice pop can transport you from your own backyard to a tropical island, and the experience can be even more rewarding when the tasty treat is home-made.

Cool down after fun in the sun with these kid-friendly Pina Colada Sweet Potato Ice Pops, a tropical-inspired dessert made with coconut cream, sweetpotatoes, fresh pineapple, lime juice and honey.

Sure to please kids and adults alike, they're a better-for-you option when a cold snack calls your name. As a "diabetes superfood," according to the

American Diabetes Association, sweet potatoes provide a main ingredient that's rich in vitamins, minerals, antioxidants and fiber along with a "sweet" flavor without the added sugar.

The ease of this summer snack means kids can help in the kitchen, and while you wait for the sweet concoction to freeze, you can share this fun fact with them: The one-word spelling of "sweet-potato" was adopted by the National Sweetpotato Collaborators in 1989 in an effort to avoid confusion with the potato and yam among shippers, distributors, warehouse workers and consumers. To add to the fun facts, a sweetpotato is not even botanically related to a white potato; they are two entirely different species from one another.

Visit ncsweetpotatoes.com to find more delicious summer recipe ideas.



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Pina Colada Sweet Potato Ice Pops

Prep time: 5 minutes
Freeze time: 3-4 hours
Yield: 8 small ice pops

1/2 cup coconut cream
3/4 cup mashed and cooked sweet potato
3/4 cup diced pineapple
2 tablespoons honey
1 tablespoon lime juice
coconut flakes (optional)

In food processor or high-speed blender, mix coconut cream, sweet potato, pineapple, honey and lime juice. Transfer batter to freezer molds.

Place in freezer 3-4 hours. Top with coconut flakes, if desired. ♦



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Explore the Flavors and Health Benefits of Indian Cuisine at Home

(STATEPOINT) In the last few years, more Americans have gotten hooked on the rich, mouth-watering flavors and bold spices of South Asian cuisine. In fact, research has shown an increase in searches for Indian cuisine, making it the second most searched for cuisine on Instagram.

Creating delicious Indian foods at home is now possible for anyone, regardless of their culinary skills. With the right shortcuts, you can prepare nutritious meals in less time. Ready to get started? Here are three reasons why you should add Indian cuisine to your lunch and dinner rotations:

1. It's better for you: Indian cuisine features a number of ingredients that support a healthy lifestyle. For example, lentils are an excellent source of protein and gut-friendly fiber, leaving you feeling fuller for longer. Commonly used spices, such as cumin and ginger, aid in digestion and provide anti-inflammatory benefits.

And if you stick to vegetarian and vegan dishes, you'll be taking it a step further. Plant-based diets not only taste great, but have been linked to weight loss, better blood sugar control and a decreased risk of heart disease, among other health benefits.

2. It's better for the planet: Eating a plant-based diet is one of the simplest ways to protect the planet. With its wide variety of protein-rich dishes and flavorful ingredients, Indian cuisine is a go-to choice for anyone looking to cut back on meat. Studies show that if you eat one plant-based meal a day for a year, you'll save almost 200,000 gallons of water — that's equivalent to 11,400 showers.

3. Time-saving meal kits can make it convenient: For people who are not sure how to get started, a meal kit subscription is the perfect way to gain fluency in

Indian flavors and makes the experience of putting authentic dishes on the table easy.

In particular, The Cumin Club, available nationwide, offers more than 30 authentic Indian dishes starting at \$4.99 each. All you need is hot water and about five minutes to make a satisfying meal. This better-for-you option uses all-natural ingredients you can feel good about, including spices sourced from different regions of India. From classic street food to comforting bowls of pan-

eer butter masala, the brand's ever-expanding menu is vegetarian- and vegan-friendly, represents various cuisines of India, and is an excellent choice for busy, health-conscious foodies on a budget. To learn more, visit thecuminclub.com and receive 20 percent off your first order by using the code: EAT20.

Making authentic Indian food a part of your weekly rotation is an easy way to add healthier options with a ton of flavor. Thanks to new shortcuts, preparing it at home is easier than ever. ♦



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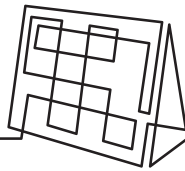
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JULY 15 2022
FORTUNA RODEO GROUNDS
FORTUNA, CA



Calendar

July 12 – July 26, 2022



Virtual World

ARTS & CULTURE

Equity Arcata's Community Book Club. Third Monday of every month, 4-6 p.m. Virtual World, Internet, Online. Alia Dunphy and Meridith Oram discuss Adrienne Marie Brown's book *Emergent Strategy: Shaping Change, Changing Worlds*. On Zoom. Register online. www.equityarcata.com.

On the Same Page Book Club. Wednesdays, 5:30 p.m. Virtual World, Internet, Online. Online book club that meets on the first Wednesday of the month on Zoom. Sign up using the Google form at www.forms.gle/bAsjdQ7hKGqEgJKj7.

LIFESTYLE & COMMUNITY

English Express: An English Language Class for Adults. Tuesdays. Build English language confidence in ongoing online and in-person classes. All levels and first languages welcome. Join anytime. Pre-registration not required. Free. englishexpresempowered.com. (707) 443-5021.

Sistahood. Saturdays, 9:30-11 a.m. Virtual World, Internet, Online. For women teenagers and older on Zoom, to build healthy relationships and strengthen ties through validation and affirmation. Music from 9:30 a.m., open conversation from 9:45 a.m., meditation with the Sista Prayer Warriors from 10:45 a.m.

Ujima Parent Peer Support. Thursdays, 6:30-7:30 p.m. Virtual World, Internet, Online. For BIPOC families. See the HC Black Music and Arts Association Facebook page for more information. hblackmusicarts@gmail.com.

Volunteer Orientation Food for People. Mondays, 3:30-4:30 p.m. and Thursdays, 3-4 p.m. Help fight hunger and improve nutrition in the community. Visit the website to be invited to a Zoom orientation. Free. volunteer@foodforpeople.org. www.foodforpeople.org/volunteering. (707) 445-3166 ext. 310.

Curry County

ARTS & CULTURE

Art at the Port, Summer Boardwalk Exhibition. Port of Brookings Harbor

Boardwalk, 16330 Lower Harbor Road. Showcasing coast artists of all ages. More info at artattheport.com.

Brookings Summer Concerts. Sun., July 17, 1 p.m. Azalea State Park, Brookings. Brookings. Pop, country, rock, big band, bluegrass, folk, Celtic, swing, jazz or zydeco. Bring your lawn chairs and blankets, spread out on the lawn with a picnic lunch or grab a meal at the snack shack. Rock Bottom Boys - hillbilly rock Free.

LIFESTYLE & COMMUNITY

Brookings Bodacious Bazaar. Fourth Saturday of every month, 10 a.m.-5 p.m. Port of Brookings Harbor Boardwalk, 16330 Lower Harbor Road. Vendors, beer garden, live music.

Brookings-Harbor Farmers Market. Wednesdays, 10 a.m.-3 p.m. and Saturdays, 10 a.m.-3 p.m. Brookings-Harbor Farmers Market, 15786 U.S. Highway 101, South Brookings. Produce, artisan foods, baked goods, grass-fed beef, crafts and more. Look for the big white tents. Open year-round, rain or shine.

Del Norte County

ARTS & CULTURE

Art From the Inside. Thursdays. Del Norte Superior Court, 450 H St. #209, Crescent City. Seventh annual exhibition of work by artists inside Pelican Bay State Prison, as part of the Arts in Corrections Program. Free.

LIFESTYLE & COMMUNITY

Downtown Crescent City Farmers and Artisans Market. Wednesdays, 9 a.m.-2 p.m. Downtown Crescent City, 890 Third St. Shop for farm fresh food and meat along with unique handmade art, crafts, jewelry and other items. Enjoy lunch with food and food truck vendors and support the local community of makers and farmers.

Ocean Air Farms Farm Stand. Saturdays, 10 a.m.-3 p.m. Ocean Air Farms, 2420 Moorehead Road, Crescent City. Roadside farm stand offering homegrown organic veggies and produce.

Relay for Life of Crescent City 2022. Sat., July

16 and Sun., July 17. Del Norte High School, 1301 El Dorado St., Crescent City. A 24-hour fundraising event with food, raffles, entertainment, swag prizes, a scavenger hunt, opening ceremony and more. Register prior to the event at relayforlife.org/crescentcity. Free.

Trinity County

LIFESTYLE & COMMUNITY

Trinity County Fair. July 13-17. Trinity County Fairgrounds, 6000 State Highway 3, Hayfork. Carnival, livestock shows, live music, food and fun. This year's theme: "There's No Time Like Fair Time." Free fair preview on July 13. www.hayforkcentury.com.

LIFESTYLE & COMMUNITY

Weaverville Farmers Market. Wednesdays, 4-7 p.m. The Highland Art Center, 691 Main Street, Weaverville. Every Wednesday at the Highland Art Center meadow. www.highlandartcenter.org.

Humboldt County

ARTS & CULTURE

Art Night at the Sanctuary. Third Thursday of every month, 4-7 p.m. The Sanctuary, 1301 J St., Arcata. Create with others freely or work on a guided project. Bring your own supplies or use what's around to collage, paint, draw, make an art book, etc. \$5-\$20 suggested, no one turned away for lack of funds. www.sanctuaryarcata.org.

Bayside Ballads and Blues. Wednesdays, 6-8 p.m. Clam Beach Tavern, 4611 Central Ave., McKinleyville. Every Wednesday.

Craft for the Coast Trash Art Show. Sat., July 23, 10 a.m.-1 p.m. Arcata Plaza, Ninth and G streets. View pieces that bring awareness to marine debris issues and give litter new life during the Arcata Farmer's Market. Free. nec@ournec.org. www.yournec.org/craft-4coast. (707) 822-6918.

Dances of Brazil. Thursdays, 5:30 p.m. Redwood Raks World Dance Studio, 824 L St., Arcata. Learn Brazilian dances with instructors Rocio Cristal and Maria Vanderhorst. All levels. Limited to five people. Register online. \$15. talavera.rocio@gmail.com.

Eureka Summer Concert Series. Thursdays, 6-8 p.m. Madaket Plaza, Foot of C Street, Eureka. Open-air music each week on Eureka's waterfront. Bring your chairs and please leave pets at home. No smoking or al-

CONTINUED ON NEXT PAGE →

Calendar

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cohol. Presented by Eureka Main Street. July 14 McKayla Marie (country); July 21 Dr. Squid (dance hits). Free. www.eurekamainstreet.org/summer-concert-series-4. (707) 441-4187.

Happy Hour w/Anna "Banana" Hamilton.

Saturdays, 5-8 p.m. Clam Beach Tavern, 4611 Central Ave., McKinleyville. Blues, humor.

Kenny Bowling.

Fridays, 9-midnight. Clam Beach Tavern, 4611 Central Ave., McKinleyville. Country music. Every Friday. Contact venue for current COVID protocols.

Music in the Garden. Third Sunday of every month, 1-3 p.m. Humboldt Botanical Garden, 7351 Tompkins Hill Road, College of the Redwoods campus, north entrance, Eureka. Enjoy live music in the garden. www.hbgf.org.

Music in the Park. Thu., July 14, 6-8 p.m. and Thu., July 21, 6-8 p.m. Pierson Park, 1608 Pickett Road, McKinleyville. Summer concert series in the park. Live music, food trucks. Free.

Northern Nights Music Festival. July 15-17. Cooks Valley Campground, Milkway Loop exit off U.S. Highway 101, Piercy. Epic dance music festival over multiple stages in the heart of Giant Redwood country at the Humboldt-Mendocino county line. www.northernnights.org.

Outside Minds Concert Series. Thu., July 14, 7 p.m. and Thu., July 21, 7 p.m. Arcata Marsh Amphitheater, Butcher's Slough, South G Street. Site-based and feature collective breathing, poetry and music. The Lyndsey Battle Trio and others play. Donations accepted.

Summer Concert Series. Sundays, 2-4 p.m. Arcata Plaza, Ninth and G streets. Enjoy live local bands and more. Free. arcatamainstreet@gmail.com. www.arcatamainstreet.com. (707) 822-4500.

Surfer Joe. Tue., July 19, 7:30 p.m. The Old Steeple, 246 Berding St., Ferndale. Authentic surf music. Opening the show is space-surf band, The Starhoppers. Vaccination and masks are strongly encouraged, but not required. \$25, \$20 advance.

The Travelin McCourys, Never Come Down.

Sat., July 23, 8 p.m. Humboldt Brews HumBrews, 856 10th St, Arcata. Bluegrass greats. \$35, \$30 advance. humbrews@gmail.com. holdmyticket.com/event/394779. (707) 826-2739.

"North Coast Lens 2022". Mondays-Fridays. Redwood Art Association Gallery, 603 F St., Eureka. An in-gallery judged exhibition showcasing photography and digital art. David Arnold is the judge for this exhibition.

LIFESTYLE & COMMUNITY

Come and Explore. Fridays, Saturdays, 11 a.m.-5 p.m. Natural History Museum of Cal Poly Humboldt, 1242 G St., Arcata. Exhibits and activities for kids of all ages including more than 500 fossils, minerals, a gray whale skull, dinosaur replicas, preserved animals and more. \$15 family, \$6 adults, \$3 seniors/students. natmus@humboldt.edu. humboldt.edu. (707) 826-4479.

Drag Races. Sat., July 16 and Sun., July 17. Samoa Drag Strip, Lincoln Avenue and New Navy Base Road. Details online. \$10, free for 12 and under. www.samoadragstrip.com.

Drop-In Volunteer Day. Thu., July 21, 1-4 p.m. Bayside Park Farm, 930 Old Arcata Road, Arcata. Get a taste of a farmer's work growing vegetables, herbs and flowers. Come prepared for sunshine, cold, wet and working in the dirt. Bring a water bottle, snacks, closed toe shoes, long pants, sleeves and a sun hat. Free. baysideparkfarm@cityofarcata.org. www.cityofarcata.org/440/Bayside-Park-Farm. (707) 822-8184.

Eureka Friday Night Market. Fridays, 5:30-8:30 p.m. Historic Old Town Eureka, Second Street. Farmers market, arts and craft vendors, a bar featuring Humboldt-produced beverages, food vendors and live local music for dancing. www.humboldtmade.com/eureka-friday-night-market.

FOAM Marsh Tour w/Ken Burton. Sat., July 16, 2 p.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Meet leader Burton in the lobby of the Interpretive Center for a 90-minute, rain-or-shine walk focusing on birds, plants and/or marsh ecology. Masks are recommended inside. (707) 826-2359.

FOAM Marsh Tour w/Paul Johnson. Sat., July 23, 2 p.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Meet leader Johnson in the lobby of the Interpretive Center for a 90-minute, rain-or-shine walk focusing on plants, ecology and/or overlooked aspects of the marsh. Masks are recommended inside the building. Free. (707) 826-2359.

Food for People's Free Produce Market - Garberville. Tue., July 12, 10:30 a.m.-noon. Garberville Presbyterian Church, 437 Maple

Lane. Drive-thru event. For more information, go to www.foodforpeople.org or call (707) 445-3166.

Food for People's Free Produce Market - Redway. Tue., July 12, 12:30-1:30 p.m. Redway Baptist Church, 553 Redway Drive. Drive-thru and walk-up. Cars enter from Empire Drive. For more information, go to www.foodforpeople.org or call (707) 445-3166.

Fortuna Redwood AutoXpo. July 22-24. City of Fortuna, Various city locations. Huge car show, show and shine, burn out, artisans faire, tractor pull, movie nights and more. Free, \$5 sock hop. www.redwoodautoXpo.com.

Fortuna Rodeo. Fortuna Rodeo Grounds, at Rohner Park. A full week of rodeo action. Bull and bronc riding, barbecue, carnival, motorsports, parade, bands, brews and more. Full schedule online. www.fortunarodeo.com.

Freedom Matters. Second Tuesday of every month, 7 p.m. Fortuna River Lodge, 1800 Riverwalk Drive. Meets every second Tuesday of the month.

Freshwater Farms Summer Celebration w/Huckleberry Flint. Sat., July 16, 4 p.m. Freshwater Farms Reserve, 5851 Myrtle Ave., Eureka. The Northcoast Regional Land Trust hosts the fourth annual benefit concert. Doors at 4 p.m., music at 5 p.m. Family friendly with local food and drink vendors. Lawn seating, no dogs. www.ncrlt.org.

Garberville Farmers Market. Fridays, 11 a.m.-3 p.m. Garberville Town Square, Church Street. Fresh produce, eggs, meat, baked goods, nursery plants and starts, oysters, live music on the square, crafts and more.

Guided Tour of Fort Humboldt State Historic Park. Saturdays, Sundays, 1-2 p.m. Fort Humboldt State Historic Park, 3431 Fort Ave., Eureka. Join interpreter William on an hour-long ADA-accessible walking tour of the 19th century military outpost, focusing on its history, Euro-American colonists and Indigenous people. Rain cancels. Check North Coast Redwoods Facebook page for updates. Free. www.facebook.com/NorthCoastRedwoods.

Historic Old Town Eureka Tours. Saturdays, 12-1:15 p.m. Clarke Historical Museum, Third and E streets, Eureka. Learn about the notable places and events that took place over the years. jthomas@ci.eureka.ca.gov. www.clarkemuseum.org. (707) 441-4080.

Humboldt Crabs Baseball. Tue., July 26, 7 p.m. Arcata Ball Park, Ninth and F streets. Humboldt Crabs vs TKB Baseball, featuring the World Famous Crab Grass Band. Gates at 6pm. Tickets available online at humboldtcrabs.com or in person at Wildberries Marketplace. \$10 Adult/\$4 Child (3-12). humboldtcrabs@gmail.com. humboldtcrabs.com/. 707-840-5665.

Humboldt Crabs Christmas in July Night. Sat., July 23, 6:30 p.m. Arcata Ball Park, Ninth and F streets. Humboldt Crabs vs Fairfield. Christmas in July night. Gates at 6 p.m. Tickets available online or at Wildberries Marketplace. \$10, \$4 child (3-12). humboldtcrabs@gmail.com. humboldtcrabs.com/. (707) 840-5665.

Humboldt Crabs Star Wars Night. Sat., July 16, 6:30 p.m. Arcata Ball Park, Ninth and F streets. Humboldt Crabs vs West Coast Kings. Star Wars Night! Gates at 5:30 p.m. Tickets online or at Wildberries Marketplace. \$10, \$4 child (3-12). humboldtcrabs@gmail.com. humboldtcrabs.com/. (707) 840-5665.

Humboldt Crabs Superhero Day. Sun., July 17, 12:30 p.m. Arcata Ball Park, Ninth and F streets. Humboldt Crabs vs West Coast Kings, featuring the World Famous Crab Grass Band. Superhero Day! Gates at 11:30 a.m. Kids run the bases. Tickets online or at Wildberries Marketplace. \$10, \$4 child (3-12). humboldtcrabs@gmail.com. humboldtcrabs.com/. (707) 840-5665.

Humboldt Crabs Tie-dye Sunday. Sun., July 24, 12:30 p.m. Arcata Ball Park, Ninth and F streets. Humboldt Crabs vs Fairfield, featuring the World Famous Crab Grass Band. Wear your tie-dye. Gates at 11:30 a.m. Tickets online or at Wildberries Marketplace. \$10, \$4 child (3-12). humboldtcrabs@gmail.com. humboldtcrabs.com/. (707) 840-5665.

Humboldt Crabs vs. Fairfield. Fri., July 22, 7 p.m. Arcata Ball Park, Ninth and F streets. Humboldt Crabs vs Fairfield, featuring the World Famous Crab Grass Band. Gates at 6 p.m. Tickets available online or at Wildberries Marketplace. \$10, \$4 child (3-12). humboldtcrabs@gmail.com. humboldtcrabs.com/. 707-840-5665.

Humboldt Crabs vs. Medford Rogues. Wed., July 20, 7 p.m. Arcata Ball Park, Ninth and F streets. Humboldt Crabs vs Medford Rogues, featuring the World Famous Crab Grass Band. Wine Wednesday featuring Cabot Vineyards. Gates at 6 p.m. Tickets available

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**NORTH COAST
TRADER**

Calendar

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online or at Wildberries Marketplace. \$10, \$4 child (3-12). humboldtcrabs@gmail.com. humboldtcrabs.com/. (707) 840-5665.

Humboldt Crabs vs. Redding Tigers. Wed., July 13, 7 p.m. Arcata Ball Park, Ninth and F streets. Humboldt Crabs vs Redding Tigers, featuring the World Famous Crab Grass Band. Wine Wednesday discount. Gates at 6 p.m. Tickets online or at Wildberries Marketplace. \$10, \$4 kids (3-12). humboldtcrabs@gmail.com. humboldtcrabs.com/. (707) 840-5665.

Humboldt Crabs vs. West Coast Kings. Fri., July 15, 7 p.m. Arcata Ball Park, Ninth and F streets. Humboldt Crabs vs West Coast Kings, featuring the World Famous Crab Grass Band. Gates at 6 p.m. Tickets online or at Wildberries Marketplace. \$10, \$4 child (3-12). humboldtcrabs@gmail.com. humboldtcrabs.com/. (707) 840-5665.

Humboldt Folklife Festival. July 14-16. Dell'Arte, 131 H St., Blue Lake. Music festival featuring bluegrass, folk, country, singer/songwriters and more. www.humboldt-folklife.com.

Kid's Night at the Museum. Fridays, 5:30-8 p.m. Redwood Discovery Museum, 612 G St., Eureka. Drop off your 3.5-12 year old for interactive exhibits, science experiments, crafts and games, exploring the planetarium, playing in the water table or jumping into the soft blocks. \$17-\$20. info@discovery-museum.org. www.discovery-museum.org/classesprograms.html. (707) 443-9694.

Kiwanis Club of Fortuna Pancake Breakfast.

Sat., July 16, 7-11 a.m., Sat., July 23, 7-11 a.m. and Sun., July 24, 7-11 a.m. Rohner Park, 5 Park St., Fortuna. Bring the kids and enjoy pancakes, sausage, coffee, milk and orange juice. Benefits local scholarships and youth activities. www.friendlyfortuna.com.

Lost Coast Kennel Club Agility Trials. July 22-24. Humboldt County Fairgrounds, 1250 Fifth St., Ferndale. Lost Coast Kennel Club presents four days of AKC-sanctioned agility trials, plus FCATs and a Barn Hunt.

Old Town Farmers Market. Tuesdays, 10 a.m.-1 p.m. Old Town, F Street between First and Third streets, Eureka. Fresh local produce, eggs, bread, specialty sourdough donuts and more. Plus music and hot food vendors. Market match for CalFresh EBT customers. Free. info@northcoastgrowersassociation.org. www.northcoastgrowersassociation.org/oldtown.html. (707) 441-9999.

Samoa Speeder/Train Rides. Sat., July 23, 10 a.m.-4 p.m. Timber Heritage Association, 930 Vance Ave., Samoa. Ride Humboldt's historic rails with a scenic trip along the bay on Timber Heritage Association's historic crew car rail speeder. Near the Samoa Cookhouse. www.timberheritage.org/ride-the-rails-on-a-historic-speeder-crew/. (707) 443-2957.

Storytime with Sunshine the Chicken and Ms. Sue. Wednesdays, 11-11:30 a.m. Arcata Library, 500 Seventh St. In-person stories and songs for preschool children and their caregivers. Masks are optional. Ms. Sue will be wearing one. Free. humboldt.gov/calendar.aspx?EID=7463. (707) 822-5954.

Tansy Pull. Sat., July 23, 10 a.m.-1 p.m.

Sinkyone Wilderness State Park, Briceland Road, Whitethorn. Help remove tansy ragwort. Tools and gloves provided. Bring water and a snack, and wear sturdy shoes and layers. Meet at the Jones Beach trailhead. Carpooling is recommended. Free. Michelle. Forys@parks.ca.gov. sanctuaryforest.org/event/tansy-pull-in-sinkyone-wilderness/.

Trinidad Artisans Market. Sundays, 11 a.m.-3 p.m. Saunder's Plaza, 353 Main St., Trinidad. Next to Murphy's Market. Featuring local art and crafts, live music and barbecue. Free admission.

Trivia Night. Every other Wednesday, 6-8 p.m. The Madrone Taphouse, 421 Third St., Eureka. Reel Genius Trivia hosts. Contact venue for current COVID protocols. Free. www.reelgeniustrivia.com.

Willow Creek Farmers Market. Thursdays, 4-7 p.m. Veteran's Park, 100 Kimtu Road, Willow Creek. Produce, fish and more, plus music and hot food vendors weekly through August. No pets except trained, ADA-certified service animals. Market match for CalFresh EBT customers. Free. info@northcoastgrowersassociation.org. www.northcoastgrowersassociation.org/willow-creek.html. (707) 441-9999.

Mendocino County

LIFESTYLE & COMMUNITY

Fort Bragg Farmers Market. Wednesdays, 2-4:30 p.m. Fort Bragg Farmers Market, N Franklin St. & E Laurel St. Seasonal fruits, vegetables, organic and free range beef and pork and eggs, wild-caught local fish and seafood, artisan goat cheese, sweets, breads, flowers and plants. Plus, hot food, live music.

Historic Walking Tours of Mendocino.

Saturdays, Sundays. Guest House Museum, 343 N Main St., Fort Bragg. Join local history experts on a two-hour walk through Mendocino's famous Historic District. Book via email. Face coverings required. Well-behaved dogs allowed but must remain outside at some stops. \$50 for up to four people, \$75 for party of six. tours@KelleyHouseMuseum.org.

ARTS & CULTURE

Fat Fry in the Park - A Music Festival. Sat., July 23, noon and Sun., July 24. Tan Oak Park, 58974 North Highway 101, Leggett. Two-day, family friendly music event featuring Tom Lasbury, Scott Forbes Band, Kingsnakes with Indiana Slim, While We're Young, Troy



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LIFESTYLE & COMMUNITY

Ukiah Farmers Market. Saturdays, 9 a.m.-noon. Alex Thomas Plaza, School and Clay streets, Ukiah.

ARTS & CULTURE

YART Sale. July 15-17. Willits Center For the Arts, 71 E Commercial St. A yard and art sale fundraiser for Willits Center for the Arts.

Lake County

ARTS & CULTURE

Time Travelers Live. Sat., July 16, 7 p.m. Austin Park, 14077 Lakeshore Drive, Clear Lake. Live classic rock, blues and country. Free.

LIFESTYLE & COMMUNITY

Lakeport Farmers Market. Saturdays, 10 a.m.-1 p.m. Lake County Fairgrounds, 401 Martin St., Lakeport. Rain or shine. ♦

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Young Male Small.



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July is National Grilling Month. With that in mind the ladies at Karen Miclette Insurance Agency would like to remind you of some facts and safety tips; Grills cause more than 8,000 fires per year; Position your grill so sparks and smoke won't fly toward people, furniture or buildings; Clean your grill after every use to avoid grease buildup at the bottom; enjoy grilling with family and friends.

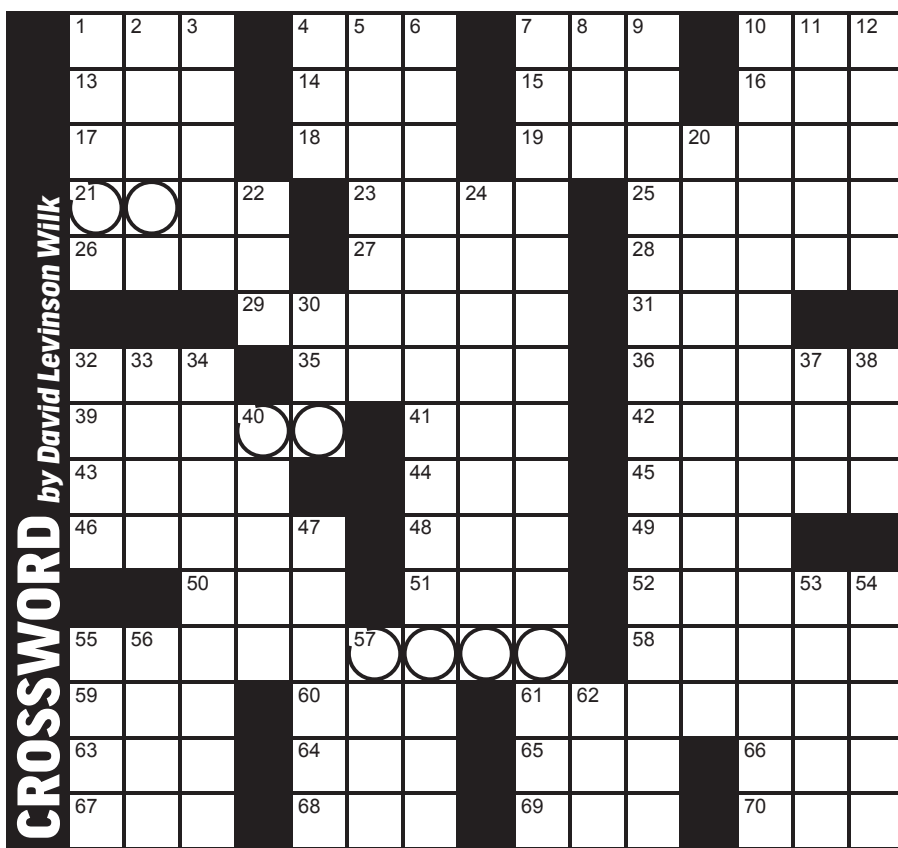


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SNEEZE GUARD — Answers in the next edition

ACROSS

- Uncle
- Network that put out a 2009 book of movie-themed crosswords
- Like some verbs: Abbr.
- "Paris, Texas" director Wenders
- Boxer Laila whose last name appears backwards in her first name
- High-level, as a farm team
- Prefix with liberal or conservative
- Signature Obama health measure, for short
- Alternative to :-)
- "_ be a pleasure!"
- Elite athlete
- Fictional captain who says "Thou damned whale!"
- "Grey's Anatomy" locale: Abbr.
- "No _ is worse than bad advice": Sophocles
- 64-Across alum Carvey
- Almost never
- 1994 Peace Prize sharer with Rabin and Arafat
- Josh of "How I Met Your Mother"
- "Solaris" author Stanislaw
- Before now
- Words before Galilee or Tranquility
- Have _ for life
- Do just what the doctor ordered
- Bart and Lisa's grandpa
- Mello _ (soft drink)

DOWN

- With 22-Down, something commonly protected by a 20-Down
- 2015 film that came under fire for being set in Hawaii but having no non-white actors
- Where to see Leonardo's "The Last Supper"
- Mai _

- Kind of ray
- Figures in some Renaissance paintings
- Ideally
- Hinduism, e.g.: Abbr.
- Dungeons & Dragons, e.g.
- They're often spit out during the summer
- Start of Caesar's boast
- Steenburgen and Cassatt
- It's represented by this grid's long row of vertical black squares (and, judging by the circled letters, it's doing its job)
- See 1-Down
- 2002 animated movie with the tagline "A Hero Will Rise. On Four Legs"
- Smokestack emission
- Hooded vipers
- Big do
- 1971 Santana hit
- 35mm camera type
- NFL pauses
- Nearly overflowing
- Milano of "Charmed"
- Eponymous brewer Bernhard
- Kind of question
- Lively dances
- "Don't worry about me"
- Mass. neighbor
- _ de toilette

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LAST WEEK'S ANSWERS TO SLEEPYHEADS

D	A	Z	S		D	I	M		Z	A	G	A	T
I	M	U	P		I	D	I	S	A	G	R	E	E
N	U	N	E	Z	S	I	L	E	N	T	E	R	A
E	L	I	X	I	R				D	A	Y		
R	E	C		T	A	I	Z		M	T	O	S	S
S	T	Y		C	H	I	N	N	E	I	R	E	N
				I	L	L	I	N	E	B	W	N	E
				R	A	I	T	T	E	L	I	G	D
				A	S	S	A	M		D	O	R	A
				S	E	T	T	E	R	C	E	R	O
						B	U	D		E	E	L	E
						C	A	R	R	A	D	I	O
						C	L	I	M	B	D	O	N
						S	T	O	N	E		R	E

HOME COUNTRY

By Slim Randles



THE annual Fourth of July parade through our town began this year with a mystery. You see, a couple of the boys cornered Jimmy Angles yesterday down by Lewis Creek and hit him in the mouth. On purpose. Ordinarily, this wouldn't have made headlines in the Valley Weekly Miracle, or even the New York Post, but Jimmy played first trumpet in the band.

Played ... past tense. The pain and swelling of his lips meant he couldn't play the great trumpet solos in Mr. Sousa's marches on the Fourth. It meant that the other three trumpeters all moved up a notch. The new "first" trumpeter just happened to be one of Jimmy's assailants.

The horses came first, of course, with cowboys and cowgirls and wannabe cowboys and cowgirls and used-to-be cowboys and cowgirls riding along and waving.

Then came the 4Hers, dragging reluctant lambs and goats after them. But hey, they were shiny clean lambs and goats. The queen and several other cute high school girls followed in a convertible, and then came the band. The parade's brain trust, Doc and Dud, actually, planned it this way. It was decided over coffee that it was a far, far better thing we do to let the horses go first so the band wouldn't frighten them. If this meant the 4H kids and the band members had to dodge a few equestrian "products" on the street, so be it.

A small town parade on the Fourth of July is where everyone goes to see how big the kids have gotten over this past year, and to celebrate us all being different ... and the same ... for yet another year.

But how about Jimmy Angles and the temporarily inactive trumpet mouth? We found out as the band came into view. Jimmy was out in front of them all, carrying the American flag.

Happy birthday America! ♦

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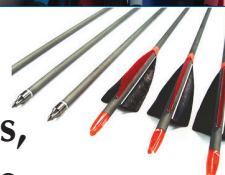
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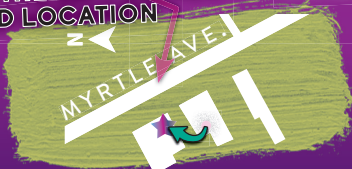
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